

Rutgers University
Psychology 101:05: General Psychology
Spring 2023

Instructor: Keiko Brynildsen, Ph.D.
Class time: Wednesdays 10:20-11:40 am and Fridays 3:50-5:10 pm
Class location: LSH Aud
Office hours: Wednesdays 12:30-1:30 pm, Fridays 2:15-3:15 pm, and by appointment
Office location: Tillett 329
Email: keikob@psych.rutgers.edu (I will aim to respond within 24 hours)
Course web page: Canvas (canvas.rutgers.edu)

Grad TA: Zoey Eddy
Email: ze26@scarletmail.rutgers.edu
Office hours: by appt.
Office location: Tillett 407

We have 5 undergrad TAs who will be available for office hours by appointment provide help with the material. You are encouraged to contact any of them to schedule an appointment.

Undergrad TA:	Shanzeh Malik	Bianca Battaglia
Email:	sm2515@scarletmail.rutgers.edu	bfb28@scarletmail.rutgers.edu

Undergrad TA:	Isha Patel	Enrique Silva
Email:	idp19@scarletmail.rutgers.edu	eos24@scarletmail.rutgers.edu

Undergrad TA:	Johan Valbuena
Email:	jsv69@scarletmail.rutgers.edu

Course description:

This course surveys the major areas of psychology: the nature of psychology as a science, principles of learning, the brain and behavior, sensation and perception, cognitive processes, motivation and emotion, personality and development, stress and health, adjustment and behavior disorders, and social behavior.

Course Objectives:

By fully participating in this course, you will develop a basic understanding of the significant theories, concepts, and issues in the field of psychology; apply theoretical concepts in psychology to everyday situations in order to help you better understand yourself and the world around you; and develop an understanding of the scientific method in psychological research. Upon successful completion of this course, you should be prepared for more advanced courses in Psychology.

Learning goals:

This course has been certified as satisfying the Social Analysis (SCL) Learning Outcome Goal of the SAS Core Curriculum.

Specifically, students will be able to:

- a) Explain and be able to assess the relationship among assumptions, method, evidence, arguments, and theory in social and historical analysis (subgoal i);
- and
- b) Apply concepts about human and social behavior to particular questions or situations (subgoal n).



*Note: This syllabus is subject to change if adjustments become necessary during the semester.

This course also satisfies the following Psychology Department Learning Goals:

- Students will know the leading terms, concepts, theoretical perspectives, empirical findings, and historical trends in psychology.
- Students will apply psychological concepts and content to become engaged citizens.
- Students will use critical thinking, skeptical inquiry, and, when possible, the scientific approach to ask, answer and understand questions related to behavior and mental processes.

Respect for diversity:

It is very important to me that all students in this class experience a safe learning environment with equal opportunities to succeed and grow, without being subjected to judgment or disrespect from others, whether based on one's ethnicity, religion, gender identity, or any other reason. Please be part of promoting a comfortable class environment by using only civil, appropriate, and respectful communication.

Chosen names: If your chosen name is different from that which appears on the official course roster, please let me know so that I can use your chosen name.

Required materials:

Textbook and quizzes:

Title: Psychology in Everyday Life (5E) (online)

Authors: Myers and DeWall

Publisher: Macmillan Learning

The **Achieve Read & Practice** online platform will be used for required textbook readings and quizzes. Access to Achieve Read & Practice is automatic as part of your registration for this course (via the First Day program), so you can view the textbook on the first day of class via Canvas.

Please see these slides for information about getting started with Achieve Read & Practice:

<https://docs.google.com/presentation/d/16rJKJNzkOloTllnjF-875JgltgB9mZxYbzA8i0yyhlg/edit?usp=sharing>

First Day/Inclusive Access Program:

- To enhance your learning experience and provide affordable access to the right course material, this course is part of an inclusive access model called First Day™. You can easily access the required materials for this course at a discounted price and benefit from single sign-on access with no codes required in Canvas.
- Rutgers University will bill you at the discounted price as a course charge for this course.
- It is NOT recommended that you Opt-Out, as these materials are required to complete the course. You can choose to Opt-Out on the first day of class, but you will be responsible for purchasing your course materials at the full retail price and access to your materials may be suspended.

Student Tutorial Videos

- [Accessing Your eTextbook](#)
- [Opting Out of First Day for your eTextbook](#)
- [Opting Out of First Day for your courseware](#)
- [Other Features on the Course Materials page](#)

Customer Care Contact Information

Customer Care is available 24/7 to help students with questions about accessing their course material, using their eTextbook, or opting-out or in to the First Day program.

- [Barnes and Noble Customer Care](#)
- [FAQs and Tutorial Videos for the First Day Program](#)
- [Open a ticket Online for the Customer Care team](#)
- Email the Customer Care team: bookstorecustomercare@bncollege.com
- Call the Customer Care team: 1-844-9-EBOOKS (1-844-932-6657)

Other requirements: regular and reliable access to a computer with Internet. Please visit the [Rutgers Student Tech Guide](#) for resources available to all students. If you do not have the appropriate technology for financial reasons, please email Dean of Students deanofstudents@echo.rutgers.edu or complete the contact form for assistance. If you are facing other financial hardships, please visit the Office of Financial Aid at <https://financialaid.rutgers.edu/>

General course requirements:

1. **Canvas.** I will frequently post announcements and materials on Canvas; it is recommended that you regularly access Canvas to promote your success in the class. Please also check your rutgers.edu email regularly and use only your Rutgers (not personal) email when contacting me.
2. **Attendance:** Attending class is essential to the learning process; therefore, attendance at lecture is important for your success in the class. I will post the lecture slides on Canvas before each class; you may find it helpful to take notes on these while attending the lecture.
3. **Exams:** Three midterm exams and one final exam will be given. The final exam will be cumulative, with an emphasis on a more basic understanding of the material from the first 3/4 of the course and more specific understanding of the material from the last 1/4 of the course. All exams will be multiple-choice. You will be asked to provide your 9-digit RUID number on all exams; please be sure that you have your RUID available.
4. **Quizzes:** Reading quizzes will be assigned weekly to support your digestion and retention of the material as well as to provide supplementary information. We will be using Macmillan's Achieve Read & Practice platform for the textbook and quizzes, which you will access via the Modules or Assignments tab on Canvas. Quizzes will be due on Tuesdays at 11:59 pm. Quizzes submitted late are eligible for partial credit with a 10% per day late deduction (starting after 11:59 pm on Tuesday).

Quiz points will be posted on Canvas within 24 hours of each quiz deadline. Please be sure to check your Canvas gradebook to ensure that your responses have been recorded. **If you see a discrepancy, please let me know within 1 week of the quiz due date.**

5. **Research participation:** Since experimentation is a prime source of information for the field of psychology, contact with experimental procedures is required for all General Psychology students and may be fulfilled through one of the following two options. **Non-fulfillment of this requirement will result in a deduction from your final course grade** total equal to one-half standard deviation of the class distribution of total points. **This could lower your final grade a full letter grade (i.e., A to B, B to C, etc.).**

Option 1: This method requires you to participate in several experiments for a total **five** Research Participation Units (RPUs). Each experiment will provide a specific number of RPUs, allocated in half-hour units, which will be indicated in the experiment's description. You may choose to participate in any number of experiments, provided that you obtain a total of five RPUs. The last day for participation is one week prior to the last day of classes (Apr. 24) (there may be some exceptions). Note that 1.5 RPU will be given in exchange for each ½ hour of in-person participation and 1 RPU will be given in exchange for each ½ hour of online participation.

You will need to register yourself by going to the main Human Subject Pool System page (<https://rutgers-researchpool.sona-systems.com/Default.aspx?ReturnUrl=%2f>) and clicking on "**Request an Account**". Make sure that you carefully enter your correct email address and select the correct course, instructor, and days/period for which you are registered. If you don't specify this information correctly, there may be subsequent problems with getting your RPUs assigned to you.

Option 2: Students who are unwilling or unable to participate as subjects in experiments (Option 1) may fulfill this requirement by submitting summaries of two published research articles (details can be found here: <https://psych.rutgers.edu/academics/undergraduate/major/237-uncategorised/1091-general-psychology-research-requirement#option-2-two-summaries-of-two-published-research-articles>). Please follow the instructions carefully. Please be sure that your papers contain no plagiarism; all papers will be submitted to Turnitin.com.

The first summary must be submitted (via Canvas) by **Feb. 27**. Students who miss that deadline must fulfill the requirement via Method 1.

The second summary is due on or before **Apr. 24**.

More information about both options is located here:

<https://psych.rutgers.edu/academics/undergraduate/general-psych-requirement/189-human-research-student-requirements>. **Please read these rules carefully before beginning either your research participation or your papers.**

FAQs – setting up your account: <https://psych.rutgers.edu/academics/undergraduate/general-psych-requirement/faq-for-participants>

Video to help you set up your account and navigate the Sona system: https://www.youtube.com/watch?v=_1OnT2ZU6QQ

Grading:

Course grades will be based on the following:

Exam 1:	20%	
Exam 2:	20%	
Exam 3:	20%	
Final exam:	25%	
Macmillan quizzes:	15%	
TOTAL	100%	(Non-completion of research participation requirement: ~5-7% deduction)

Final grades will be determined by the following (standard Rutgers grading scale):

90.00% and above	A
85.00-89.99%	B+
80.00-84.99%	B
75.00-79.99%	C+
70.00-74.99%	C
60.00-69.99%	D
below 60.00%	F

Make-up policy:

If exceptional last-minute circumstances prevent you from taking an exam, it is important that you contact me immediately. In some circumstances, you may take a make-up exam with a 0-90% deduction in points (at my discretion). Missed exams and quizzes will otherwise be given a score of zero. If you experience prolonged health and/or financial issues that are impacting your academics and well-being over an extended period of time, please contact the Dean of Students at deanofstudents@echo.rutgers.edu.

Academic integrity:

Rutgers University takes academic dishonesty very seriously. By enrolling in this course, you assume responsibility for familiarizing yourself with the Academic Integrity Policy and the possible penalties (including suspension and expulsion) for violating the policy. As per the policy, all suspected violations will be reported to the Office of Student Conduct. Academic dishonesty includes (but is not limited to):

- Cheating
- Plagiarism
- Aiding others in committing a violation or allowing others to use your work
- Fabrication
- Using another person's ideas or words without attribution, including re-using a previous assignment
- Unauthorized collaboration
- Sabotaging another student's work

Any suspected cases of academic dishonesty will be referred to the Office of Student Conduct (see <http://nbacademicintegrity.rutgers.edu/> for more information on Rutgers University's policies regarding academic dishonesty).

Final exam:

Our final exam will be held at the time scheduled by the University (<http://finalexams.rutgers.edu/>). University regulations set the time and date of all final examinations and specific guidelines that define conflicts (<https://www.sasundergrad.rutgers.edu/degree-requirements/policies/final-exam>). If you have a legitimate reason for missing the exam, you will receive a TF in the course until the make-up exam has been completed.

Disability services:

The Office of Disability Services works with students with a documented disability to determine the eligibility of reasonable accommodations, facilitates and coordinates those accommodations when applicable, and lastly engages with the Rutgers community at large to provide and connect students to appropriate resources (e-mail: <https://ods.rutgers.edu/>, phone: (848) 445-6800). Students with disabilities requesting accommodations must follow the procedures outlined at <https://ods.rutgers.edu/students/getting-registered>. Please give your letter of accommodation to me as soon as possible, and we will coordinate the accommodations privately.

Student Support and Mental Wellness:

- Student Success Essentials: <https://success.rutgers.edu>
- Student Support Services: <https://www.rutgers.edu/academics/student-support>
- The Learning Centers: <https://rlc.rutgers.edu/>
- The Writing Centers (including Tutoring and Writing Coaching): <https://writingctr.rutgers.edu>
- Rutgers Libraries: <https://www.libraries.rutgers.edu/>
- Office of Veteran and Military Programs and Services: <https://veterans.rutgers.edu>
- Student Health Services: <http://health.rutgers.edu/>
- Counseling, Alcohol and Other Drug Assistance Program & Psychiatric Services (CAPS): <http://health.rutgers.edu/medical-counseling-services/counseling/>
- Office for Violence Prevention and Victim Assistance: www.vpva.rutgers.edu/

General policies:

In an effort to ensure a successful learning environment for everyone, please be mindful of your fellow students by avoiding behavior that interferes with classroom activities or with other students' ability to focus such as chatting, texting, using social media, playing computer games, or leaving the class prematurely (if it is necessary that you leave early, please sit in the back to minimize disruption). A student responsible for continual disruptive behavior may be required to leave class pending discussion and resolution of the problem.

Exam and quiz scores will be posted on Canvas; it is your responsibility to contact me immediately (within 2 days) if you believe you have not received credit for a submitted exam or quiz.

Final grades are unalterable except in the case of a true clerical error. Although students may sometimes desire a different grade to get into graduate school, avoid academic probation, maintain financial aid, or for other reasons, changing any student's grade would be unfair to the other students. Therefore, I will not entertain any requests for grade changes or opportunities for additional assignments.

Please do not post any class materials such as lecture slides, exams, quizzes, or practice questions to any web site or share with any individual.

Course Schedule (Quizzes, Exams, and Assignments)

This calendar presents dates of exams, quizzes, and important dates (please see the next schedule for course topics).

January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17 First class	18	19	20	21
22	23	24 Quizzes due 11:59 pm (Macmillan)	25	26	27	28
29	30	31 Quizzes due 11:59 pm (Macmillan)				

FEBRUARY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7 Quizzes due 11:59 pm (Macmillan)	8	9	10	11
12	13	14	15 Exam 1 (will cover material addressed through 2/10)	16	17	13
19	20	21 Quizzes due 11:59 pm (Macmillan)	22	23	24	25
26	27 Research participation alternative paper #1 due (Canvas)	28 Quizzes due 11:59 pm (Macmillan)				

MARCH 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8 Exam 2 (will cover material)	9	10	11

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			addressed through 3/3)			
12	13	14 <i>No Class – Spring Break</i>	15	16 <i>No Class – Spring Break</i>	17	18
19	20	21 Quizzes due 11:59 pm (Macmillan)	22	23	24	25
26	27	28 Quizzes due 11:59 pm (Macmillan)	29	30	31	

APRIL 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Exam 3 (will cover material addressed through 3/31)	6	7	8
9	10	11 Quizzes due 11:59 pm (Macmillan)	12	13	14	15
16	17	18 Quizzes due 11:59 pm (Macmillan)	19	20	21	22
23	24 Research participation alternative paper #2 due (Canvas)	25 Quizzes due 11:59 pm (Macmillan)	26	27	28	29

May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Reading Day	3 Reading Day	4	5	6
	8	9 Final Exam (4-7 pm)	10	11	12	13

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Course Schedule (Reading Assignments and Quizzes)

This schedule presents the topics we will cover and the order in which we will cover them. Specific dates are not given here for reading assignments and quizzes because these dates will be determined by our pace in covering the material. Please see the previous calendar or the calendar on Canvas for specific due dates; these will be continually updated so that you are aware of the upcoming reading assignments and quizzes. All quizzes will be due on Tuesdays at 11:59 pm.

TOPIC	READING ASSIGNMENTS AND QUIZZES (TENTATIVE)
<u>Introduction to Psychology</u> Psychology is a science	Orientation Quiz 1a
Research methods	1b
<u>The Biology of Behavior</u> Neurons, the nervous system, and the endocrine system	2a
The brain	2b
Brain states and consciousness Selective attention Sleep	2c
<u>Developing Through the Life Span</u> Infant reflexes Behavioral genetics	3a
Infancy and childhood	3b
Adolescence	3c
Adulthood	
<u>Sensation and Perception</u> Basic concepts of sensation and perception	5a
Perceptual organization	5a
<u>Learning</u> Classical conditioning	6a
Operant conditioning	6b
Observational learning	6b
<u>Memory</u> Encoding Storage Retrieval	7a
Forgetting	7b
<u>Thinking, Language, and Intelligence</u> Thinking	8a
Intelligence	8b
<u>Motivation and Emotion</u> Motivation	9a
Emotion	9b
<u>Stress, Health, and Human Flourishing</u> Stress and health	10a
Managing stress	10b
Happiness	
<u>Social psychology</u> Social thinking	11a
Social influence	11b
	11c

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Social relations	
<u>Personality</u> Psychodynamic theories Humanistic theories Trait theories	12a 12b
<u>Psychological Disorders</u> What is a psychological disorder? Anxiety disorders and OCD Mood disorders Schizophrenia Dissociative disorders Personality disorders	13a 13b 13c
<u>Therapy</u> The psychological therapies Biomedical therapy	14a 14b

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